



October 2025

Telephone Orders: (03) 420 0722

NAME:

ADDRESS:

TELEPHONE:

- | | | | |
|---------------------------------------|-------------|--------------|---------|
| ☐ REGULAR MEAL | \$15.00 | SOUPS | \$6.00 |
| ☐ PETITE MEAL | \$13.00 | DESSERTS | \$6.00 |
| DELIVERY FEE | From \$6.00 | CURRY & RICE | \$15.00 |

Please place your order before Midday Monday for delivery Thursday

WEEK 1	Delivery Thursday 2nd Oct 25	☐ Lamb Risssoles with Thyme & Mint ☐ Baked Smashed Potato with Salad (V) ☐ Beef & Red Wine Casserole ☐ Chicken with Bacon & Tomatoes	☐ Baked Pork Terrine (Meatloaf) ☐ Crumbed Fish with Tartare Sauce ☐ Chicken & Apricot Casserole ☐ Roast Pork with Apple Sauce	☐ Roast Beef with Yorkshire Pudding ☐ Lamb Rendang Curry (A Little Spicy) - \$15.00 ☐ Mango & Vanilla Cheesecake ☐ Peach & Apple Shortcake
WEEK 2	Delivery Thursday 9th Oct 25	☐ Cold Meats & Salad ☐ Macaroni Cheese (V) ☐ Beef Goulash ☐ BBQ Chicken	☐ Sweet & Sour Pork with Rice ☐ Baked Fish with Cheese Sauce ☐ Braised Beef Meatballs ☐ Roast Chicken with Sage Stuffing	☐ Roast Lamb with Mint Sauce ☐ Coconut Chicken Curry (Mild) - \$15.00 ☐ Eton Mess ☐ Apricot & Apple Crumble
WEEK 3	Delivery Thursday 16th Oct 25	☐ Lamb & Rosemary Meatballs ☐ Spinach & Mushroom Quiche (V) ☐ Greek Lamb Casserole ☐ Lemon & Herb Chicken with Rice	☐ Honey Maple Pork Steak ☐ Crumbed Fish with Tartare Sauce ☐ Corned Silverside with Mustard Gravy ☐ Roast Pork with Apple Sauce	☐ Roast Beef with Yorkshire Pudding ☐ Red Beef Curry (Medium) - \$15.00 ☐ Black Forest Trifle ☐ Apple & Berry Shortcake
WEEK 4	Delivery Thursday 23rd Oct 25	☐ Cold Meats & Salad ☐ Mexican Tortillas (V) ☐ Curried Beef Sausages & Rice ☐ Beef Stroganoff	☐ Chicken with Spinach & Cheese ☐ Baked Fish with Lemon & Parsley Sauce ☐ Swedish Pork Meatballs with Creamy Sauce ☐ Roast Chicken with Sage Stuffing	☐ Roast Lamb with Mint Sauce ☐ Butter Chicken Curry (Mild) - \$15.00 ☐ Blueberry Sponge Pudding with Cream ☐ Apple & Rhubarb Crumble
SOUP OPTIONS:		WEEK 1 ☐ Split Pea & Ham Soup	WEEK 2 ☐ Pumpkin Soup	WEEK 3 ☐ Potato & Leek Soup WEEK 4 ☐ Vegetable Soup

DELIVERY INFORMATION

\$6 Delivery Fee within Christchurch City suburbs

\$11 Delivery Fee to outer Christchurch regions (Kaiapoi, Rangiora, Rolleston, Prebbleton, West Melton, Lincoln, Darfield, Akaroa)

For Independent Courier deliveries outside these areas, please contact us for price.

Minimum order: 2 meals per delivery.

 **If you won't be home at the time of delivery, please leave a chilly bin or insulated bag out. We cannot be responsible for meals left out after delivery.**

 **Delivery time:** Thursdays between 8:30am – 2:00pm

PAYMENT OPTIONS

- **Online:** Order and pay directly on our website.
- **Bank Transfer:**
Food Solutions Christchurch Ltd – 020828 0064792 00
Reference: Your name and delivery date
(Please notify us if making a direct credit. Payments must be received by Monday for Thursday delivery.)
- **Credit Card via Phone:** A surcharge applies for manual credit card payments.

Cash or EFTPOS on Delivery: Available only within Christchurch. Deliveries via Independent courier must be prepaid.

HOW TO ORDER

There are 3 options for ordering:

 Go online www.eatl8r.co.nz

 Fill in a menu sheet a month in advance and hand to the driver upon delivery or email: **orders@eatl8r.co.nz**

 Call the office: **03 420 0722** – Leave a message with your name, address, phone number and which meals you would like to order (including meal size) before midday on Monday.

We would encourage you to call and leave a message on our answer phone over the weekend to ensure your order is received on time.

HEATING & STORAGE INSTRUCTIONS

Microwave: Lift the corner tab and heat on **HIGH** for approximately **3 minutes (Petite)** or **4 minutes (Regular)**, or until piping hot.

Oven: Transfer the meal onto an ovenproof plate, cover with foil, and reheat until piping hot. **Do not place the provided trays in the oven, as they are not oven-safe.**

Storage: Keep meals refrigerated at 4°C or below and consume within **7 days**.

If not eaten within this time, simply pop them in the freezer to enjoy later.

All Eatl8r meals include a selection of fresh seasonal vegetables.

 **Please Note:** We do not cater to special dietary requirements such as gluten-free, dairy-free, or allergy-specific meals etc**

Our Shop at 9 Raycroft Street, Christchurch is open: **Monday – Thursday from 9am – 2pm (Closed Public Holidays)**